

August 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Youth Track Stellos	5	6 Track Nashua North HS	7 Youth Track NHS	8	9 <b>Sandown OHD 5 Mile NHGP</b>
10 <b>Club Triathlon Golf Outing</b>	11 Youth Track Stellos	12	13 Track Nashua North HS	14 <b>Cigna 5k Manchester</b>	15	16 Londonderry OHD 5K
17	18 Youth Track Stellos	19	20 Track Nashua North HS	21 Youth Track Nashua High School	22	23
24 Macks Apple 5k XC	25 Youth Track Stellos	26	27 Track Nashua North HS	28 Youth Track Nashua High School	29	30
31						

**Go to [www.gatecity.org](http://www.gatecity.org) for workout details. Adult track at 6:00, Youth at 5:30**

**Fun Run every Sunday morning at 9:30 from the Good Times restaurant, Rt 101, exit 3 in Candia**

September 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Fracestown 8k NHGP</b>	2	3 Track Nashua North HS	4 Youth Track Nashua High School	5	6
7	8	9	10 Track Nashua North HS	11 Youth Track Nashua High School	12	13
14	15	16	17 Track Nashua North HS	18 Youth Track Nashua High School	19	20 <b>Lake Winni NHGP Relay</b>
21	22	23	24 Track Nashua North HS	25 Youth Track Nashua High School	26	27
28	29	30				